

MAHARAM'S CURVE



THE
EXERCISE HIGH-
HOW TO GET IT,
HOW TO KEEP IT

LEWIS G. MAHARAM M.D.

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Running Doc's Guide to Healthy Running Lewis G. Maharam, 2024-01-11 For a runner injury is a terrible fate Yet every year nearly half of America's runners suffer an injury severe enough to bring them to a halt Trust the Running Doc to get you back on your feet Dr Lewis G Maharam MD is the most trusted authority on running health and running injuries and his guide will help you avoid or fix nearly every common running related injury If you're already injured Running Doc's book will help you diagnose treat and recover to run pain free From head to toenails Running Doc's Guide to Healthy Running is the most comprehensive guide to running injuries and preventative care Running Doc offers simple effective treatments for every common running injury and also delivers easy to follow advice on the best way to prepare for and enjoy running events of all types and distances Running Doc's Guide to Healthy Running addresses How running is good for your health Healthy training programs for races and running events Choosing running shoes for your gait and feet Guidelines for running in cold weather hot weather and dry climates Safe and healthy marathon and half marathon training Running with a cold the flu and aches and pains Feet and ankle injuries including plantar fasciitis Lisfranc sprains Legs and knee injuries including Runner's Knee IT Band Syndrome tendinitis Back pain from sciatica piriformis syndrome and related issues No matter your malady Running Doc has got you covered Get healthy and get back on your feet with Running Doc's Guide to Healthy Running

Running Doc's Guide to Healthy Eating Lewis G. Maharam, 2020-04-28 An easily implemented sports nutrition program for the weekend warrior the Olympic athlete and everyone in between from one of the country's most respected experts in sports medicine In Running Doc's Guide to Healthy Eating readers will discover Dr Lewis G Maharam's unique Fueling Plates Program Developed in 2012 it has helped countless sofa spuds who really just want to get off the couch and lose weight marathoners competing for a place at the Olympic trials and everyone in between including recreational athletes who play tennis soccer basketball and other running sports The Fueling Plates Program is designed primarily to boost the performance of athletes but can also boost the health of the average person athletic or not Every day at Maharam's busy New York City practice in addition to treating sports injuries he offers his patients nutritional advice They ask him When should I eat before the marathon Do I really need to drink eight glasses of water a day What about sports drinks Should I use energy gels Ginkgo Glucosamine Raspberry ketones The questions come because the bulk of the sports nutrition books on the market today make fueling your body sound like a scientific experiment The Running Doc's Guide to Healthy Eating explains why it's time to ditch the difficult to use food pyramid put out by the USDA in favor of a hands on experience of your actual plate what Maharam calls Fueling Plates It shows step by step how readers can apply the program to feel and perform better and have more energy Those who are already exercising will get faster by eating to fuel their body more efficiently Even everyday activities become easier with the Fueling Plates Program Readers who are willing to take advantage of everything revealed in the book from what to eat to reduce muscle soreness after exercising to how much to drink to be hydrated properly to an

individualized nutrition program will transform their lives The Exercise High Lewis G. Maharam,1994-02-08 With this clinically proven easy to follow plan aerobic exercisers can vary the duration and frequency of their workouts and monitor mood swings to eliminate underperformance and overexertion and maintain a constant high Includes a self test with mood rating system and workout charts tips on nutrition and motivation and more **Maharam's curve** Lewis G. Maharam,1994

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